



# Cafeteria and Vending Machine Guidelines: Implementing Healthier Options



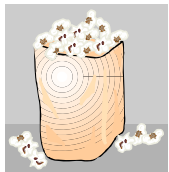
Eating healthy at the worksite can be a bit of a challenge. Often times, choices in vending machines or the cafeteria are high in fat and sugar. With a little initiative and patience you can work to make changes and help promote a healthier eating environment at the worksite!

- If you do choose to make changes, decide how many healthy items you would like to start with in your vending machines and cafeteria. For many organizations, changing to all healthy choices is not realistic. If this is the first "health" initiative in your organization, you might decide to change 2 or 3 food items to begin with. Decide what makes sense and will work for your organization. Begin slowly and build from your success.
- Decide what you want to accomplish first. Develop a plan for change.
- If you are not a key decision maker, it is important to get support in your organization for any changes.
- Identify the person in your organization who handles vending contracts and oversees cafeteria operations.
- Survey staff for input regarding items they might like to see added/deleted from vending machines and the cafeteria. This will ensure buy-in and ownership of the changes from staff. This will also help to justify the changes when presented to cafeteria staff.
- Meet with the contact person and explain why you want to implement healthier choices/changes in the café and vending machine.

Examples include: overall health & wellness, weight control, increasing use of vending machines and café by those who don't usually utilize them.

- Promote the healthy choices and advertise your success. Talk with other employees in your organization about the initiative. Send out memos; put articles on your website or in newsletters. Your messaging should stay positive and be presented in a non-judgmental way.





# Snacks

Healthiest	Healthier	Least Healthy
Animal crackers, graham crackers	Granola bars, whole-grain fruit bars	Cookies (including low-fat)
		Candy, candy bars, chocolate bars, toaster pastries, marshmallow/cereal treats
	Baked chips, corn nuts, rice cakes, cereal/nut mix	Regular chips, cheese-flavored crackers, cracker sandwiches
Nuts and seeds - plain or with spices	Nuts with light sugar covering; honey roasted	Candy- or yogurt-coated nuts
Trail mix - plain	Popcorn/nut mix	Trail mix with chocolate, yogurt or candy
Fresh, canned or individually packed fruit - light syrup or natural juices only		Canned or aseptic-packed fruit in heavy syrup
Dried fruit - raisins, dried cranberries or other fruit	Fruit-flavored snacks	Candy- or sugar-coated dried fruit
	Pretzels - any flavor	Candy- or yogurt-coated pretzels
Fat-free popcorn	Light popcorn	Popcorn - Butter, butter lovers, movie style
Beef jerky - 95% fat free		Sausage, pork rinds
Yogurt, preferably non-fat, low-fat or light		
	Sugar-free gelatin; fat-free pudding	



# Beverages



Healthiest	Healthier	Least Healthy
Milk, any flavor - preferably non-fat or low-fat (1%)	2% milk	Whole milk
Juice - fruit or vegetable that contains 100% juice		
Water, plain	Flavored or vitamin-enhanced fitness water, sparkling water	
	Low-calorie, diet sodas; low-cal iced tea; low-cal coffee	Regular soft drinks, sports drinks

(guidelines modified from: Fit City/San Antonio, TX)

# Guidelines For Healthy Snacks

**Healthiest** - must meet both criteria:

- 3 grams (or fewer) total fat per serving. Nuts and seeds are exempt from restrictions.
- 30 grams (or fewer) total carbohydrate per serving. All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count.

**Healthier** - must meet both criteria

- 5 grams (or fewer) total fat per serving. Nuts and seeds are exempt from restrictions.
- 30 grams (or fewer) total carbohydrate per serving. All candies are considered unhealthy. Fruit in any form is permitted, regardless of carbohydrate count.

## Rationale

- **Fat:** Saturated fat is not differentiated from un-saturated fat. When total fat is considered, saturated fat tends to be low.
- **Nuts and seeds:** Nuts and seeds are exempt from the fat guidelines, because they are high in monounsaturated fat, which can help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol. Nuts and seeds have been shown in many studies to reduce the risk of having a heart attack.
- **Carbohydrates:** The level of carbohydrates is set at 30 grams per serving to include more food items. All candies are considered unhealthy, regardless of carbohydrate content.
- **Fruit:** Fruit in any form (canned, fresh, dried) is not restricted by carbohydrate standards because fruit provides vitamins, minerals, dietary fiber and anti-oxidants all of which are beneficial to a balanced diet.

(guidelines modified from: Fit City/San Antonio, TX)



# Guidelines for Beverages

## Healthiest

- Milk - low-fat (1%) or nonfat preferred, any flavor
- Water - plain
- Juice - 100% fruit or vegetable juice

## Healthier

- Water - flavored or vitamin enhanced
- Low-calorie beverage - (fewer than 50 calories per 12 ounce serving)

## Rationale

- **Milk:** In any form, milk provides vitamins and minerals, however low-fat and non-fat versions are preferred. Flavored milks are also permitted.
- **Water:** Plain water is preferred, but water that is flavored may be more attractive to someone who doesn't drink plain water. Vitamin-enhanced water may benefit people with certain nutritional needs, although plain water is the healthiest choice.
- **Juice:** Fruit and vegetable juices should contain 100% juice.
- **Carbonation and caffeine:** Carbonation and caffeine in moderation do not have a significant effect on nutrition. Carbonated low-calorie beverages may be another option for people who don't like milk or plain water.
- **Low-calorie:** Beverages containing 50 (or fewer) calories per 12 ounce serving are allowed. Artificially sweetened drinks are not as healthy as plain water, but may be a healthy alternative for people trying to watch their weight.

(guidelines modified from: Fit City/San Antonio, TX)

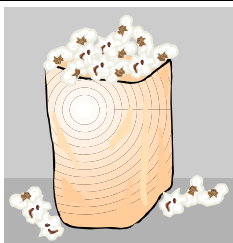


# Better and Worst Snacks

## (vending machine options)

Worst Vending Options	Better Vending Options
High fat cookies	Pretzels
Chocolate whole or 2% milk	Bottled water
Soda	100% Fruit or Vegetable Juice
Fruit drinks	Low-fat (1%) or fat-free milk
Snack cakes	Fruit cups
High fat cheese crackers	Granola Bars
Candy bars	Applesauce cups (unsweetened)
Sugary candies	Raisins, cranberries and other dried fruit
Brownies	Animal crackers
High fat chips	Baked chips
Danish pastries	Trail mix, nuts, seeds
High fat popcorn	Fat-free or reduced-fat popcorn





# Healthy Vending Machine Options



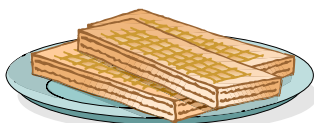
## Best Choices:

- 94% Fat-free Popcorn (110 calories per bag, 4 grams protein) \*\*
- Mini Pretzels (160 calories)\*
- Animal Crackers (130 calories per serving - each bag may contain 2 servings)\*

## Better Choices:



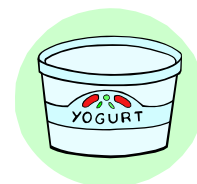
- Trail Mix (260 calories - calories from nuts are a good source of protein and healthy fats)\*\*
- Granola Bars (180-190 calories, 4 grams protein)\*\*
- Raspberry Shortbread Cookies (120 calories)\*
- Peanut Butter Crackers (200 calories, 4 grams of protein)\*\*



\*You will feel more satisfied and full longer if you have these snacks with some protein. Consider these options:



- Add a serving of low fat (1%) milk or yogurt.
- Keep a small jar of peanut butter at your desk to use for dipping animal crackers or pretzels.
- Enjoy these snacks with a small serving of cheese that you bring from home. String cheese is very portable and keeps well in a cooler or refrigerator.



\*\* These snacks provide a mix of carbohydrate and protein. This provides you with the most filling and satisfying food combination to keep you feeling full for a longer period of time.



# Sample Cafeteria Survey

**These healthier alternatives can be made available for sale in the cafeteria or vending machine. Please check the items you would be likely to purchase.**

- ☐ 94% Fat Free Popcorn
- ☐ Fruit and Nut Trail Mix Bar
- ☐ Granola Bars
- ☐ Energy Bars
- ☐ Low-fat and Low-sodium Soups
- ☐ Non-fat yogurt containing Splenda or Nutra Sweet
- ☐ Low-fat yogurt (no Splenda or Nutra Sweet)
- ☐ Low-fat Smoothies (no Splenda or Nutra Sweet)
- ☐ Veggie Burgers
- ☐ Whole Wheat or Whole Grain Bread
- ☐ Other: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_
- ☐ Other: \_\_\_\_\_

